

REHEATING FOOD

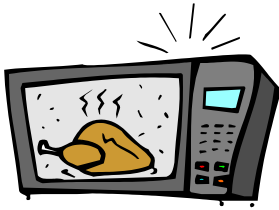
Bring sauces, soups and gravies to a boil. Heat other leftovers thoroughly to 165°F.

Microwave leftovers using a lid or vented plastic wrap to ensure thorough heating.

KEEPING FOOD

Never taste food that looks or smells strange. Just discard it. A good rule to follow is:

When in doubt, throw it out.



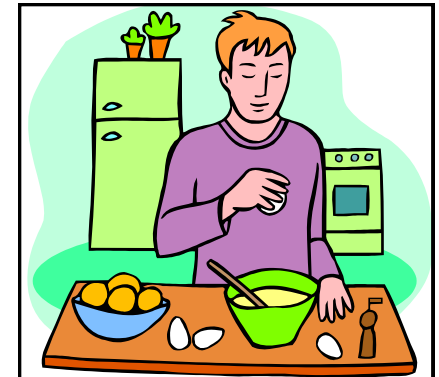
FEELING ILL?

If you or a family member develop nausea, vomiting, diarrhea, fever or abdominal cramps, you could have food poisoning. Sometimes, though, it is not easy to tell. Symptoms of foodborne illnesses can appear anywhere from 30 minutes to two weeks after eating contaminated food. Most often, people get sick within four to 48 hours after eating bad food.

Some foodborne illnesses will resolve themselves without treatment. However, if the symptoms are severe or if the victims are very young, old, pregnant or already ill, call a doctor or go to a nearby hospital immediately.

Safe Cooking Temperatures	Fahrenheit	Celsius
Fresh Beef		
Medium Rare	145	63
Medium	160	71
Well Done	170	77
Ground Beef	160	71
Fresh Veal		
Medium Rare	145	63
Medium	160	71
Well Done	170	77
Fresh Lamb		
Medium Rare	145	63
Medium	160	71
Well Done	170	77
Game		
Deer	165	74
Rabbit	180	82
Duck	180	82
Goose	180	82
Ratites		
Ostrich	160	71
Rhea	160	71
Emu	160	71
Eggs		
Fried, Poached	Cook until yolk and whites are firm	
Casseroles	160	71
Sauces, custards	160	71
Poultry		
Chicken	180	82
Turkey	180	82
Turkey Roast (boneless)	170	77
Stuffing (inside or outside bird)	165	74
Fresh Pork		
Chops, Roast, Ribs		
Medium	160	71
Well Done	170	77
Cured Pork		
Ham, Fresh	160	71
Sausage, Fresh	160	71

FOOD SAFETY TIPS



MCDH

McHenry County Department of Health
 Division of Environmental Health
 2200 N. Seminary Avenue
 Woodstock, IL 60098
 815-334-4585
www.mcdh.info

In Illinois, it is estimated that as many as 250,000 cases of foodborne illness may occur each year. However, because these illnesses can be quite mild and because the vast majority of them occur in the home, many go unreported. Yet, foodborne illnesses can lead to serious complications and even death. Therefore, how you handle food in your home can mean the difference between health and illness.



STORING FOOD AT HOME

To keep bacteria from rapidly reproducing, be sure your refrigerator is set at the proper temperature. To keep bacteria in check, the refrigerator should run at 40°F, the freezer unit at 0°F. A good general rule to follow is to keep the refrigerator as cold as possible without freezing milk or lettuce.

If you do not plan to use it within a few days, freeze fresh meat, poultry or fish.

When refrigerating raw meat, poultry or fish, be sure to place the package on a plate so that their juices do not drip on other food. Raw juices can contain bacteria.

Always keep eggs in the refrigerator.

PREPARING FOOD

Be sure to wash your hands in warm soapy water before preparing food and after using the bathroom, changing diapers and handling pets.

Kitchen towels, sponges and cloths can harbor bacteria. Wash them often and replace sponges every few weeks.

Keep raw meat, poultry and fish and their juices away from other food. For example, after cutting up meat or poultry, be sure to wash your hands, the knife and the cutting board in hot soapy water before you start to dice salad ingredients.

Thaw food in the microwave or in the refrigerator. DO NOT thaw items on the kitchen counter. This allows bacteria to grow in the outer layers of the food before the inside thaws. If you plan to marinate food, do it in the refrigerator, too.

COOKING FOOD

Thorough cooking kills harmful bacteria. If you eat meat, poultry, fish, oysters or eggs that are raw or only partially cooked, you may be exposing yourself to bacteria that can make you ill. This is particularly important for children, pregnant women, the elderly, and those whose immune systems are compromised by illness or by medical treatment (for example, chemotherapy).

Use a meat thermometer to ensure that meat and poultry are cooked to the appropriate temperature. Check the chart in this brochure for the proper internal cooking temperatures for various meats and poultry.

Salmonella, a bacteria that causes food poisoning, can grow inside fresh, unbroken eggs. Be sure to cook eggs until the yolk and white are firm, not runny. Scramble eggs to a firm texture. Avoid recipes in which eggs remain raw or only partially cooked (for example, mousse, egg drinks, Caesar salad, etc.). Pasteurized eggs or egg substitute can be used instead.

If you prepare and cook food ahead of time, divide large portions into small, shallow containers and refrigerate. This ensures rapid, safe cooling.

SERVING FOOD

Never leave perishable food unrefrigerated for more than two hours. Bacteria that can cause food poisoning grow quickly at warm temperatures.

Always use clean dishes and utensils to serve food, not those you used to prepare the food. If you grill food, serve it on a clean plate, not on the one that held the raw meat, poultry or fish.

Pack lunches in insulated carriers with a cold pack. Be sure your children know not to leave lunches in direct sunlight or on warm radiators.

Carry picnic food in a cooler with a cold pack. Try to keep the cooler in the shade and do not open the lid any more than is necessary.

If you have a party, keep cold food cold on ice or keep refrigerated until time to replenish platters. If serving hot food, maintain it at 140°F or divide into smaller serving platters, which can be refrigerated until time to warm them up for serving.



HANDLING LEFTOVERS

Divide large amounts of leftovers into small, shallow containers for quick cooling in the refrigerator. Don't pack the refrigerator; cool air must be able to circulate to keep food safe.

With poultry or other stuffed meats, remove stuffing and refrigerate it in a separate container.